

# Breathing Exercises

## Four In, Four Out Slow Belly Breathing

1. Close your eyes.
2. Breathe through your nose.
3. Deliberately slow your breathing down.
4. Breathe from your relaxed belly.
5. Keep your breaths smooth, steady, and continuous.
6. Breathe in while counting slowly "1-2-3-4."
7. Pause.
8. Breathe out while counting slowly "1-2-3-4."
9. Pause.

## Whole Body Muscle Tensing and Relaxing

1. Take a very deep breath in with your mouth open; fill your lungs up.
2. Hold your breath.
3. Tense muscles all over your body.
4. Count 5-10 seconds.
5. Let go of all the tension in your muscles and slowly let your breath out.

## 4-4-4-4 Breathing

1. Breathe in while counting to 4. Make it a deep, belly breath.
2. Hold your Breath while counting to 4.
3. Breathe out while counting to 4.
4. Hold your Breath while counting to 4.
5. Do this sequence 2 more times.

## 4-6-4-6 Breathing

1. Breath in for a count of 4.
2. Hold for a count of 6.
3. Breathe out for a count of 4.
4. Hold for a count of 6.

## The Sigh

1. Breath in.
2. When you breath out, open your mouth and let the air out so you hear the sound of the air releasing, a soft sigh sound.
3. As you let the air out, relax your shoulders, neck and other muscles and let go, like you're melting.

## Buteyko Small Breath Holds

1. With your mouth closed, take a small, but calm and relaxed, breath in.
2. Take a small breath out.
3. Hold your nose closed with your hand.
4. Hold for a count of 5.
5. Release.
6. Gentle, soft breathing in-between sets.
7. Tongue rests at the roof of the mouth; Teeth slightly apart; jaw relaxed; Drop shoulders; relax chest and belly; Relax facial muscles.

## Alternate Nostril Breathing

1. Close the right nostril with your right thumb. Then inhale slowly through your left nostril.
2. Then close the left nostril with your right index finger and open the right nostril by removing the right thumb. Exhale very slowly through the right nostril.
3. Then draw the air through the right nostril as long as you can do it with comfort and exhale through the left nostril by removing the right index finger.
4. This is one round. Do 12 rounds.
5. Breathing in and out should be as slow, soft, steady and long as possible. But don't force.

## 4-7-8 Breathing

1. Exhale all the air out through your mouth.
2. Curl the tip of your tongue up to touch the hard ridge behind your upper front teeth and hold it there for the duration of the exercise.
3. Close your mouth and inhale through your nose for a count of 4. Don't force it, but take a good breath as this has to last for the next 15 counts.
4. Hold your breath for a count of 7.
5. Open your mouth and exhale through your mouth (still pressing the tip of your tongue to the hard ridge behind your upper front teeth) for a count 8. of You will make a sound as the air moves around your tongue. You may want to purse your lips if this helps you to direct the flow of your exhalation.
6. Repeat 4 times.

(instructions written by madlyinlovewithlife.com)

## The Complete Breath

1. First, inhale completely at the abdomen.
2. Continue to inhale by filling in the mid-section, the area of the diaphragm.
3. Continue to inhale by filling the chest, allowing the upper chest and the shoulders to rise.
4. Then systematically release and empty from the upper portion, then the mid-section, and finally empty completely at the abdomen.

(www.swamij.com)

## Relearn How To Breathe (Don Campbell)

1. Inhale deeply
2. Exhale with a short burst (as if blowing out a candle). This helps activate your diaphragm.
3. Exhale with a long, slow finish to empty the lungs. Breathlessness is from not expelling enough CO2.
4. Inhale, filling your lungs from the bottom to the top, instead of taking short sips. Most use a third of their lung capacity.
5. Hold for a moment to allow oxygen to saturate the cells.
6. Exhale slowly and completely.
7. Repeat steps 4 through 6 for five minutes.
8. Do this exercise five times a day